

## Providing a Saliva Sample



An exciting opportunity to get involved in the **largest ever study of anxiety and depression**

Thank you for volunteering to take part in research collaborating with the NIHR BioResource Centre Maudsley, and arranging to give us a saliva sample. This leaflet provides you with some information to **help you give a sample quickly and easily**, and how to safely return it to us.



### Why do I need to provide a saliva sample?



Your saliva contains your **DNA** (your unique genetic blueprint). Researchers can use your anonymised DNA to **investigate the links between mental and physical disorders, the environment, and our genes.**

### What is in my saliva kit?

- A blue, freepost mailing bag
- A plastic Ziploc bag containing 1x DNA saliva kit

## What do I do next?

- Please clean your teeth **30 minutes before collection** to reduce food particles mixing with the saliva sample. Please do not use mouthwash. Do not eat, drink, smoke or chew gum in this time.
- There is a DNA stabiliser inside the collection tube, so keep the tube upright to prevent any spillage. Ensure this liquid is at the 2ml line before use. If not then please contact us to arrange a new kit to be sent to you.
- Replace the lid on the tube with the funnel. Please do not overtighten the funnel. Put the cap of the tube somewhere safe.
- **Fill the tube with saliva up to the 4ml line.** This can take a while so do not worry about completing your saliva donation quickly. To encourage saliva production, you can rub the inside of your cheeks with your tongue and/or gently massage your cheeks.
- Once finished, remove the funnel, replace the cap, and put these back into the plastic collection box. Please **ensure that the cap is tight** to reduce the risk of leaks.
- Put the completed kit in the plastic Ziploc bag provided. Place this Ziploc bag, into the freepost mailing bag. Seal the freepost mailing bag and put it in the post.



## What do I do once I have finished?



Once you're done, please place the freepost mailing bag into the post box. If you have any concerns, or your contact details have changed since registration, please do not hesitate to **CONTACT US** on FREEPHONE 0800 634 4504, phone 0207 848 1638, or email [gladstudy@kcl.ac.uk](mailto:gladstudy@kcl.ac.uk)

**THANK YOU FOR TAKING PART—YOU HAVE MADE A VERY IMPORTANT CONTRIBUTION TO RESEARCH.**